

The good Huf- wifes Handmaide for the Kitchin.

Containing

Manie principall pointes of Cookerie,
aswell how to dressse meates, after sundrie
the best fashions vsed in England and o-
ther Countries, with their apt and proper
sawces, both for flesh and fish, as also the
orderly seruynge of the same to the Table.

Hereunto are annexed, sundrie mes-
sclarie Conceits for the preser-
uation of health.

Werie meete to be adioined to the good
Hufwifes Closer of prouision
for her Houshold.



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To knowe the due

seasons for the vse of al maner of
meats throughout the yeare.

Brawn is best from holy Rood day
til Lent, and at no other time com-
monlie vsed for service. Bacon, Beefe
and Mutton, is good at all tymes, but
the woorst tyme for Mutton is from
Easter to Midsommer. A fatte yoong
Pig is neuer out of season. A Goose is
worst at Midsommer, & best in stub-
ble tyme, but they be best of all when
they be yoong green Geese. Veal is
all tymes good, but best in Januarie
and Februarie. Kidde and yoong
Lambe is best between Christmasse
& Lent, & good from Easter to Whit-
fontide, but Kid is euer good. Hennes
be all times good, but best frō Allhal-
lowntyde to Lent. fatte Capons be
euer good. Peacockes bee euer in sea-
son, but when they be yoong and of a
good stature, they be as good as Fea-
lants, & so be yoong Grouces. Sincs be
best betweene Allhallowen day and

The orderlie season for meats.

Lent. A Mallard is good after a frost, til Candlemas, so is a Teal and other wild foule that swimmeth. A Wood cocke is best from October to Lent, and so be all other bides, as Ousels, Thrushes and Robins, and such other. Herons, Curlewes, Crane, Bittour, Bustard, be at all times good, but best in winter. Fasant, Partridge and Rail, be euer good, but best when they bee taken with a Hawke. Quails & Larks be euer good. Conies be euer in season, but best from October to Lent. A gelded Deare, whether he be fallow or red, is euer good. A Pollard is specially good in May, at Midsommer he is a Bucke, and verie good till Holy Rood day before Michaelmas, so like wise is a Stagge, but he is principal in Maste. A barren Doe is best in winter. A Pricket and a Sorell syster is euer in season. Chickens bee euer good: and so be young Pigeons.

The goodhuswiues

Handmaid, for Cookerie in her Kit-
chin, in dressing all maner of meat, with
other wholsom diet, for her and
her Houshold, &c.

To boyle Mutton with Mallowes or Turneps.

Take a necke of Mutton, cut it in ribs,
and put it in a pot, and a good quantite
of beefe broth, and make it boyle: then
take your Turneps or Mallowes, and
cut them in peeces, of the bignes of your mu-
ton, then put into your pot a little pepper, and
so let them stew till they be verie tender, then
take them of, and serue them vpon sops.

To boyle Mutton with Spinage.

Take your necke of Mutton and cut it
in peeces, and put it into a faire pot,
and a good quanticie of Mutton broth,
and make it boyle: then take sweete Bacon,
and cut it of the bignes of your finger, and of
the length, and put it in your pot, sise or seuen
peeces: then take thre good handful of Spin-
nage, wash it verie cleane, and wring the
water from it, and cut it small, and put it in-

A new booke

pepper grosse beaten, and a little sanders, so
lay it in fine dishes vpon sops. It will make
three messe for the table.

To boyle Mutton with Endive, Borage, or
Lettice, or any kinde of hearbes that
may serue thereunto.

Vhen your Mutton is well boyled,
take the best of the broth, and put it
in a pipkin: and put thereto an hand-
full of Endive, borage, or what hearbs you
list, and cast thereto a few corans, and let them
boyle well, and put thereto a peece of upper
crust of white breade, season it with pepper
grosse beaten, and a little vergions, and a little
Suger, and so powre it vpon your meat.

To boyle Mutton for a sicke bodie.

Put your Mutton into a pipkin, seeth it,
and scum it cleane, and put thereto a crust
of bread, Fennell roots, Parsly roots, cor-
ans, great Raisons (the stones taken out) and
hearbs, accordyng as the patient is. If they be
cold, hot hearbs may be boyme: if they be hot,
cold hearbs be best, as Endive, Sinamon, Vi-
olet leaves, and some Saffrell: let them boyle
together. Then put in Prunes, and a verie li-
tle salt. This is broth for a sicke bodie.

To make balles of Mutton.

Take

Take your Mutton and mince it very fine with suet. Then season it with sugar Si-
namon, Ginger, Cloues and Mace, Salt
and raw egges, make it in round balles. Let
your broth seeth ere you put them in. Make
your broth with Corrance, Dates quartered,
whole Mace and salt. Thicke it with yelkes
of Egges, and Vergious, and serue it vpon
soppes.

To boyle a Capon with Oranges after
Mistres Duffelds way.

Take a Capon and boyle it with Ale, or
with a mary bone, or what your fancie
is. Then take a good quantitie of that
broth, and put it in an earthen pot by it selfe,
and put thereto a good handfull of Corrans,
and as manie Prunes, and a few whole Ma-
ces, and some Marie, and put to this broth a
good quantitie of white wine or of Claret,
and so let them seeth softly together : Then
take your Drenyes, and with a knife scrape of
all the filchiness of the outside of them. Then
cut them in the middest, and wryng out the
toyle of three or fourre of them, put the toyle
into your broth with the rest of your stuffe,
then slice your Drenyes thynne, and haue vp-
on the fire readie a Skellet of faire seething
water, and put your sliced Drenyes into the
water.

A new booke

water, & when that water is bitter, haue more
readie, and so change them still as long as you
can finde the great bitterness in the water,
which will be sixe, or seuen times, or more, if
you find need: then take them from the wa-
ter, and let that raine cleane from them: then
put close Drenge into your pette with your
breth, and so let them stew together till your
Capon be reavie. Then make your sops with
this broth, and cast on a little Synamon, Gin-
ger, and Sugar, and vpon this lay your Ca-
pon, and some of your Drenge vpon it, and
some of your Marie, and towarde the end of
the boylng of your broth, put in a little Ver-
gious, if you think best.

To boyle a Capon in white broth.

Bryle your Capon in faire liquoꝝ, and so-
uer it to keep it white, but you must boyl
no other meat with it, take the best of the
broth, and as much vergious as of the broth,
if your vergious be not too sowre, & put ther-
to whole Mace, whole pepper and a good hand-
ful of Endive, Letuce or Borage, whether of
them ye wil, smal Raisons, Dates, Marow of
marow bones, a little sticke of Synamon, the
peeple of an Drenge. Then put in a good peece
of Sugar, and boyl them well together. Then
take two or three volkes of egges sodden, and

straine

Straine them and thick it withal, and boyl your prunes by themselves, and lay vpon your Capon: powre your broth vpon your Capon.

Thus may you boyle anie thing in white broth.

Another way to boyle a Capon in white broth.

Take Marow bones, breake them, and boyl them and take out the Marrowe. Then seeth your Capon in the same liquor. Then take the best of the liquor in a small potte to make your broth withall. Then take Corans, Dates, and Prunes, and boyle them in a potte by themselves, till they bee plum, then take them vp, and put them into your broth, then put whole Mace to them, and a good quanticie of beaten Ginger, and some Salt. Then put the Marrowe that you did take from the bones, and straine the yolkes of Egs with Vnigre, and put them into your broth, with a good peece of Sugar, but after this it must not boyl. Then take bread, and cut ther of thin lippets, and lay them in the bottome of a dish, then take sugar, and scrape it about the sides of the dish, and lay thereon your Capon, and the fruite vpon it, and so serue it in.

To boyle a Capon in brewes.

Vpte

A new booke

YOU must boyle your Capon with fatte meat, then take the best of the broch, and put it in a pipkin, and put whole Mace to it, whole Pepper, some red Cozrans, halfe as much white wine as you haue of brothe, good stoepe of martowe and Dates, and scum them cleane, and keep your liquoy verie clear, and season it with vergious and Sugar, and then lay your Capon vpon browes finely cut, and so poure your broch vpon it.

To boyle a Capon with Orenge or Lemmons.

TAKE your Capon and boyle him tender, and take a litle of the broch whan it is boyled, and put it into a pipkin, with Mace and Sugar a good deale, and pare three Orenges and pill them, and put them in your pipkin, and boyle them a litle among your broch, and thicken it with wine and yolks of Egges, and Sugar a good deale, and salt but a litle, and set your broch no moare on the fyre, for quailing, and serue it in without sippets.

To make Sops for a Capon.

TAKE tostes of bread, Butter, Claret wine, and slices of Orenge, and lay them vpon the tostes, and Siranion, Sugar, and Gingers.

To

of Cookerie.

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To make Sops for Chickens.

F irst take Butter, and melt it vpon a chafingdish with coales, and lay in the dish thinne tostes of breade, and make Sorrell sauce with Vergious and Gooseberries, seeth them with a little Vergious and lay them vpon.

To boyle a Mallard with Cabage.

T Ake the Cabage and pick them cleane, and wash them, and parboile them in faire wa-
ter: then put them in a colender, and let the
water runne from them, then put them in a
faire pot, and as much beefe broth as will ce-
uer them, and the Marie of three Mary bones
whole. Then take a Mallard, and with your
knife giue him a launce along vpon each side
of the brest. Then take him of, and put him
into your Cabage, and hit drapping with him,
for he must be roasted halfe ynough, and his
drapping sauued, and so let them stew the space
of one hower. Then put in some pepper and a
little salt, & serue in your Mallard vpon sops,
and the Cabage about him, and of the upper-
most of the broth.

To boyle a Mällard with Onions.

T Ake a Mallard, rost him halfe ynough, and
sauue the drapping, then put him into a faire
pot,

A new booke

pot, and his grauie with him, and put into his
bellic sixe or seuen whole Onions, and a spoon
full of whole pepper , and as much abroad in
your pot, put to it as much Mutton broch or
beefe broch as will couer the Mallarde, and
halfe a dish of sweete butter, two spoudnefuls of
Uergious, and let them boyle the space of an
houre. Then put in some salt, and take off the
pot, and lay the Mallard vpon soppes, and the
Onions about him, and powre the vppermost
of the broch vpon them.

To boyle a Ducke.

Setcb the Ducke with some good Marrotto
bones, or Mutton, and take the best of the
broch , and put therein a fewe Cloues, a
good manie sliced Onions, and let them boyle
well together till the Onions bee tender, and
then season your broch with Uergious and a
little bruised pepper : Take vp your Ducke
and lay it vpon sops, and giue it two slices vp-
on the breast, and sticke it full of Cloues, and
powre the broch vpon it.

To boyle Stockdoues.

Setcb them with Beef or Mutton. Take
the best of the broch, and put in a pipkin,
and put therunto Onions finely minced
and a few Coxans, and so boyle them til
they be very tender, and season them with ver-
gious

gious and a little sweet butter, & powre them
vpon your Stockdoues when they be laid vp.
on your sops.

To boyle a Conie with a Pudding
in his bellie.

Take your Conie and flea him, and leauue on
the eares, and wash it faire, and take gra-
ted bread, sweet suet minced fine, Cozrans,
and some fine hearbs, Deniroyall, winter Ha-
uerie, Parslie, Spinnage or Beetes, sweete
Marioram, and chop your hearbes fine, and
season it with Cloues, Rose, and Sugar, and
a little Creame, and salt, and volks of Eggys,
and Dates minced fine. Then mingle all your
stuffe together, and put it into your rabbets
bellie, and sole it vp with a thred. For the
broth, take Mutton broth, when it is boyled
a little, and put it in, then put in Gooseberries
or els Grapes, Cozrans, and sweete butter,
Uergious, salte, grated breafe, and sugar a li-
tle, and when it is boyled, lay it in a dish with
Sops, and so serue it in.

To boyle Chickens or Capons.

First boyle them in faire water till they be
tender. Then take bread and steepe it in
the broth of them, and with the volkes of
fourre or fine Eggys, and Uergious or white
Uine, straine it, and therewith season your
broth

A new booke

broth and pour Capon in it. Then take Butter, Parslie, and other small hearbs, and chop them into it. And so serue them sooth vpon soppes of bread.

To boyle Chickens with a Cawdel.

Take your chickens when they are fair scalved, and trussed and stufed with Parslie in their bellies, and put them in a potte with faire water and a litle salte, and put to them twentie Prunes, halfe a handfull of corans and Raisons, and let them boyle altogether till your chickens bee tender; then take sixe yolkes, and a pynte ol Vinegar, and straine them together, and put thereto a quartern of Sugar, or as yee thinke meete, and so let it boyle, but ye must stirre it stil, els it wil curd: and when it boyleth, take it from the fire; then take your chickens, and put them in a colender, that the broth may goe cleane away, and so put your chickens and the fruite into the cawdell, and make soppes, and lay on your chickens and the fruite, and powre on the cawdell.

To seeth Chickens in Lettice.

Take a necke of Mutton with a Marrowe bone, and so let it sceth, and scumme it cleane, and let it boyle well together, and when it is enough, then take out some of it, and straine it,

put in prunes enough, and three Dates, and season him with salt, cloues, and Mace, and a little Sugar, and pepper, and then serue it out with Sippets, and put the Marie vpon them, and the whole Mace lay on the Sippets, and the Dates quartered, and the prunes, and the roots cut in round slices, and lay them vpon the Sippets also, and the Cabbage leaues lay vpon the Mallard,

To stue a Cocke.

You must cut him in sixe peeces, and wash him cleane, and take prunes, Currans and Dates cut verie small, and Raisons of the Sun, and Sugar beaten verie smal, Nutmang, Ginger, and Nutmeggs lykewise beaten, and a little Maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muskhadell, and then put your spice and Sugar vpon your Cocke, and put in your fruite between euery quarter, and a peece of golde betwixen euerie piece of your Cock, then you must make a lid of wood fit for your Pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fil two brasse pots ful of water, and set on the fyre, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touch not the brasse pots botteme, nor the pot sides, and so let them boyle soure and thentle houres, and fil

A new booke

Up the pot still as it boyles away, with the other pot that stands by, and when it is boyled, take out your gold, and let him drinke it fasting, and it shal help him: this is approued.

To stue a Neates foote.

First let your Meates foot bee scalded and made cleane. Then take Onions, slice them and boyle them well in faire water.

Then take halfe water and halfe wine, so much as neede to serue for the boyling of the Meats foot (which wil be soone enough) and pue it in a pipkin. Put thereto some Cloues, and a litle whole pepper, and take the Onions out of the water they were booren in, & put them into the same pipkin, & the Meats foot with them till it be almost enough. Then take a litle Vergilous, half a dish of sweet Butter, and a litle Suggar, and let them be yle a litle together, & serue them in upon Sops.

To make stued pottage in Lent

Take a faire pot, and ful it full of water, and take a saucer full of Oyle Olive, and put it into the pot: then set your pot on the fire and let it boyle. Then take Parfifie rootes, and Fennell rootes, and scrape them cleane, then cut them of the bignesse of a Prune, and put them into the pot. Then take bread, and cut ic in sops and cast ic into a pot of wine: then straine ic, and pue

put it in the pot. Then take Rosmarie, Time, and Parsley, and bind them together, and put them into the pott: then take Dates, Prunes, Cojrans, and greate Raisens, and wash them cleane, and put them in the pot. Then season your pot with Salt, Cloues, Pace, and a little Sugare. If it be not red ynoch, take Saunders, and colour your pot therewith, looke that your broth be thicke enough.

To stue Beefe

Take Beefe and smyce it in peeces, and wash it in faire water, and straine that water and put it in the potte with the Beefe, and boyle them together. Then take Pepper, Cloues, Pace, Onions, Parsley and sage, cast it thereto and let it boyle together: Then make licquor with bread and thicke it: and so let it seethe a good while after that the thicking is in. Then put in Saffron, Salt and vinegar, and so serue it forth. Another way to stue Beefe.

Bwil your flank of beef very tender, till the broth bee almost consumed, then put the broth into a pipkin, & put to it Onions, carret roots shred small, being tender sodden before and pepper groce beaten, Vergious, and halfe a bush of sweet butter, and so lay it upon.

To make brine to keepe Larde.

Take faire Water and white Salt, and all

A new booke

to stirre them with a stiffe a good pretie whisse: then lay the Lard in it one nighe and one day to soake out the bloud of the Lard. Then make new brine in lyke maner, and beate it, vntill the time that the salt is consumed, and then it will be cleare: that done, put the brine in a pretie tub that hath a couer wel fastened, then lay in your Lard, and keep it vnder brine with splines, then couer the tub close: and thus ye may keepe the Lard white and sweet two or three peares, with change of Brine when need shall require.

To make Maunger Blaunch

Take half a pound of Rice verie cleane picked and washed, then beat it verie fine, and searle it through a fine searle, and put the finest of it in a quart of Mornings milke, & straine it through a strainer, and put it in a faire pot, and set it on the fyre, but it must be but a soft syze, & still stirre it with a broad stick. And when it is a little thick take it from the fyre, and take the brawnynge of a verie tender Capon, and pull it in as small peces as ye can, and the Capon must bee sodden in faire water, and the brawnynge of it must be pulled as small as a horse haire with your fingers, and put it into the milke which is but halfe chukked, and then put in as much sugar, as ye thinke will make it sweet, and put in a dozen spoonfulls of good Rosewater, and set it to the fyre again,

and stir it well, and in the stirring, all to beate it
with your chiche, from the one side of the pan to
the other, and when it is as chiche as pap, take
it from the fyre, and put it in a faire platter, and
when it is cold, lay three slices in a dish, and cast
a little sugar on it, and so serue it in.

To sowce a Pigge

You must take White wine, & a little sweet
broth, and halfe a score of Nutmeggs cut in
quarters: Then take sweete Marjoram,
Rosemary, Bayes, and Time, and let them boyl
all together, scum them verie cleane: and when
they be boyled, put them in an earthen pan, and
the syrop also: and when ye serue them, a quar-
ter in a dish, and the Bayes and Nutmeggs on
the top.

Of baked meates

To make Paste, and to raise Coffins.

Take fine flower, and lay it on a boord, and
take a certaine of yolkes of Egges as
your quantitie of flower is, then take a
certaine of Butter and water, and boyl
them together, but ye must take heed ye put not
too many yolkes of Egges, for if you doe, it will
make it drye and not pleasant in eating: and yee
must take heed ye put not in too much Butter
for if you doe, it will make it so fine and so shor^t
that you cannot raise. And this paste is good to

A newe booke

raise all maner of Coffins: Likewise if ye bake
Venison, bake it in the pastre aboue named.

To make fine Paste a nother way.

Take Butter and Ale, and seeth them toge-
ther: Then take your flower, and put ther-
into three Egs, Sugar, Saffron, and salt.

To make short paste in Lent.

Take chick Almonds milke seethyngh hot, and
so wet your flower with it; and Sallet vpl-
syped, and Saffron, and so mingle your past
altogether, and that will make good paste.

To bake Venison, or Mutton in
stead of Venison.

Take leane Venison or Mutton, and take out
all the sinewes, then chop your flesh verie
small, and season it with a litle pepper and salt,
and beaten flours, and a good handful of Fen-
neli seeds, and mingle them all together. Then
take your Larde, and cut it of the bignesse of a
goose quill, and the length of your finger, and
put it in a dish of Clynegar, & all to wash it ther-
in. Then take meale as ic doeth come from the
mil, and make paste with colde water, and see
that it be verie stiffe: then take a sheet, and make
a laying of the minised flesh upon the sheet, of the
breath that your Lard is of length, then make
a laying of your Larde vpon your flesh, and let
your Larde be ope from another, the breadth
of

of one of the peeces of the Larde, and so make
four layings of Lard, and three layings of flesh
one upon another, so press it downe with your
hands as hard as you can for breaking the paste
and cast in a handfull of Pepper and salt, & bea-
ten Cloues, so close by your paste, & let it bake
two houres.

To make sweete pies of Veale.

Take Veale and perboyle it verie tender, then
chop it small, then take twise as much beafe
suet, and chop it small, then minse both them
together, then put Coxans and minced Dates
to them, then season your flesh after this man-
ner. Take Pepper, salt, and Saffron, Cloues,
Pace, Spynamon, Ginger, and Sugar, and sea-
son your flesh with each of these a quantitie,
and mingle them altogether. This done take
fine flower, Butter, Egs, and Saffron, & make
your paste withall as fine as you can, and make
your pie with it, and when it is made, fill it
with your stuffes. Then put upon your pie,
Pynes, Coxans, Dates, a little Sugar, and
palkes of Egs hard. Then cover your pie and
set it on a paper, and set it in the Ouen, and let
it bake so longlie, if it be scorecht above lay a
paper double on it.

To make Chewites of Veale.

A newe booke

Take a leg of Cleale and perboyle it, then mince it with beefe suet, take almynt as much of your suet as of your Cleale, and take a good quantity of Ginger, & a litle Saffron to colour it. Take halfe a goblet of white wine, and two or three good handfull of grapes, and put them all together with salt, and so put them in Cof-
fins, and let them boyle a quarter of an houre.

To make Chewets, another way.

Take a litle Cleale and slice it, and perboile it then take it vp, and presse it in a sayre cloch, then mince it very fine, take Corrance and dates and cut them very small, take some mary b
suet, and the yolkes of thre or fourre Eggges, and pepper, salt, and Mace, fine be scatt, and the crums of bread fine grated: the mingle al these together, and put in suet enough, and they will be good pies.

To make Chewets in Lent.

Take a fresh Cleale and slice it, and cut off the fish from the bone, mince it small, and pate two or thre wardenys, & mince them lykewise small, as much of hem as of the Cleale or Wardenys, and temper them together, and season it with Ginger, Pepper, Cloues, Mace and salt, and a litle colour it with Saunders, and put Corrance and prunes, and minced great raisons and Dates, as you doe to the other pies of flesh when

When it is halfe baked put them out, and put to
it a little vergious. And if your Grilly be not fat,
put to it a little Gallet Oyle fried with some
Sweet flowers or herbes, if yet put a little
Rosewater and salt it is good, but if you haue
any fat of fish it is better than Oyle.

To make Oyster Chewets.

Take a peck of Oysters, & wash them clean.
Then shal them, and wash them in a Co-
lender faire and cleane, then seeth them in
faire water a little, and when they bee sodden,
strain the water from them, and cut them smal
as pie meat, season them with a little pepper, a
peniworth of Cloues and Spice, a peniworth of
Sinnamon and Ginger, a peniworth of Sugar,
a little Saffron and salt: then take a handfull of
Coprans, six Dates minced small, and mingle
them altogether. Then make your paste with a
quanticie of fine flower, ten yolks of Egges, a
quanticie of Butter, with a little Saffron and
dimpled water, then raise vp your Chewets, and
put in the bottom of your Chewets a little But-
ter, and cast upon them Prunes, Dates, and
Coprans, so close them and booke them: let not
your Oven be too hot, for they would haue but
a little baking. Then draine them, and put in one
tie of them vpon sparsfulls of Cerglass and but-
ter, and so serue them in, &c.

To

A new booke.

To make special good pies either of Mutton or Veale

Let your meat bee perboyled, and mince it verie fine, and then paut suet by it selfe: and after put to the meat, and mince them well together, then put thereto fyve or sixe yolkes of Eggs, being hard sodden and minced, smal Cottans, Dates fyne minced: season it with Cynamon, Ginger, Cloues, and Mace, a handfull of Carowayes, sugar and Clergious, and some salt, and a little Pepper, and so put it into your paste, whether they be the wies of Turnik pies.

To make paste, and to bake Chickens

Take water, and put in a good peece of butter, and let it seech as hot as you can blowe off your Batter into your flower, & break two yolkes of Egges, and one white, and put in a good peece of Sugar, and colour your paste with Saffron, then shall it be shap. Then take your Chickens, and season them with Pepper, salt, Saffron, and great Cynamon, Cloues, Mace, Cottans, Piment, and Dates, then close them up, and make a little hole in the middest of the kit. Then set it in the Ouen, and to make syroppe for the same pie take Saffron, Creame, and two yolkes of Egges, and breake them together,

ther, and put in Spynamon and Sugar, and when the Pie is almost baked, then put in the syrop, and let them bake together.

To bake Chickens in Summer.

Cut off their feete, trusse them in the Cof-
fins. Then take for euerie Chicken a good
handful of Gooseberries, and put into the
pie with the Chickens. Then take a good quan-
tie of Butter, and put aboute euerie Chicken in
the pie. Then take a good quanticie of Spina-
mon and Ginger, and put it in the pie with salt
and let them bake an houre, when they bee ba-
ken, take for euerie pie a volke of an Egge, and
halfe a goblet full of Vergious, and a good quan-
tie of sugar, and put them all together into the
pie to the Chickens, and so serue them.

To bake Chickens in Winter.

Cut off their feet, and trusse them, and put
them in the pies, take to euerie pie a cer-
tain of Tozrants or Prunes, & put them in
the pie with the Chickens. Then take a good
quanticie of Butter to every chicken, and put
in the pie: then take a good quanticie of Ginger
and salt, and season them together, & put them
in the pie, let it bake the space of an houre and a
halfe, when they be baken, take sauce as is alwaies
salty, and so serue them in.

To bake Chickens with Damasons.

Taks

A new booke

Take your Chickens, draine them and boasse them, then breake their bones, and lay them in a platter, then take fourre handfulls of fine flouer, and lay it on a faire boord, put thereto twelve volks of Eggs, a dish of butter, and a little Saffron: mingle them altogether, & make your pastre therewith. Then make sixe coffins, and put in every coffin a lumpe of butter of the bignesse of a Walnut: then season your sixe coffins with one spoonful of Cloues and Mace, two spoonfuls of Spynamon, and one of Sugare, and a spoonfull of Salt. Then put your Chickens into your pies: then take Damasons and pare away the outward peele of them, and put themme in every of your pies, round about your chicken, then put into euerie of your coffins, a handfull of Cōrāns. Then close them up, and put them into the Ouen, then let them be there three quarters of an houre.

To bake a Turkie.

Take and cleane your Turkie on the backe, and bruisse all the bones: then season it with salt, and pepper grosse beaten, and pat into it good shope of butter: bee must haue ffeire houres baking.

To bake a Fefane.

Truste him like a Pen, and perboyle him, then set him with cloues, then take a little Clergy-

Sus and Saffron, and colour it with a feather, then take Salt, Space, and Ginger to season it, and so put it in the pastre, and bake it till it bee halfe enough. Then put in a litle Vergious, and the yolk of an Egge beaten together: then bake it till it be ymough.

To bake a Capon in steed of a Feasant.

Cut off his leggs and his wings, and after the maner of a feasant crasse him short, then perboyle him a litle, and Larde him wch sweet Lard: so put him into the coffin, and take a litle pepper and salt and cast about him. And take a good halfe dish of butter and put into the coffin, so let him bake the space of foure houres and serue it forth cold in steed of a Feasant. So ypkewise bake a feasant.

To bake Red Deare.

You must take a handful of Fennell, a handfull of winter Sauoye, a handfull of Rosemarie, a handfull of Time, and a handfull of Betonyaues, and when your liquor seethes that you perboyle your Venison in, put in your herbes also, and perboyle your Venison till it be halfe ymough, then take it out, & lay it vpon a faire boord that the water may run fro it, then take a knife and prick it ful of holes, and whyle it is warme, haue a faire cracie wch Vineges thereto, and so put your Venison thereto from morning

A new booke

ning vntill night, and euer now and then turne it vsipde downe, and then at night haue your coffin readie, and this done, season it with Cynamon, Nutmeggs and Ginger, Pepper and salt, and when you haue seasoned it, put it into your coffin, and put a good quantitie of sweet Butter into it, & then put it into the Ouen at night, when yeu goe to bed, and in the morning draw it foorth, and put in a saucer ful of Vinegar into your pie at a hole aboue in the top of it, so that the Vinegar may run into euery place of it, and then stop the hole againe, and turne the boosome vpward, and so serue it in.

To bake Venison.

PErboyle your Venison, then season it with Pepper and salt, somewhat grese beaten, and a little Ginger, and good stroze of sweete Butter. Add when the Venison is tender baked: put to it halfe a dozen spoonfuls of Clarec wine, and shake it wel together.

To bake a Crane or a Bustard.

PErboyle him a litle, then Larde him with sweet Lard, and put him in the coffin. Take Pepper and salt, a good quantitie, and season them together, and cast vpon ic. Then take Butter, and put in the coffin, let ic bake thre hours.

To bake a Mallard,

First trusse them, and perboyle them, and put them into the coffer: then season them with Pepper and salt, and four or five Onions pealed and sliced, and put them altogether, with a good peece of sweet Butter vnto the Mallard and so let them bake two houres, and whē they be baked, put in halfe a goblet of Vergious for euery Mallard, and so serue them.

To bake a wilde Boare.

Take thre parts of water, and the fourth part of white wine, and put thereto salt, as much as shall season it, and let it boyle so til it be almost ymough: then take it out of the broche, and let it lie till it be through cold: Then Larde it, an lay it in course passe, in pasties, and then season it with Pepper, salt, and Ginger, & put in twise so much Ginger as pepper. And when it is halfe baken, fill your pasties with white wine, and all to shake the passe, & so put it into the Duen againe, tll it be enough, Then let it stand fve or sixe dayes, or euer that you eat of them, and that tyme it will be verie good meat.

To bake wild Duckes.

Dresse the fair, & perboyl them, then season the with pepper & salt, a few whole cloues amongst them, and Onions small minced, and sweet butter, Vergious, and a little Sugar To

A new booke

To bake Calves feet.

Take Calves feet and seeth them tender, pull off the haire, then scie them, and make your pastre fine, and when you haue made your coiffir, before you put in your feete, take great Raisons and minise them small, and plucke out the keruels, and straine them in the bottome of your pie: then season your feete with Pepper, SALT, Cloves and Mace, then lay in the feete, and straine Coxrons on them, and Sugars, and a good peece of Butter in it, and close it vp, and make a litle hole in the lid, and when it is almost baken ymough, put in a messe of Clergious, and so serue them.

To bake Calves feet after the French fashion.

Take the feete, full off all the haire, and make them cleane, and boyle them a litle till they be somewhat tender, then make your pastre, and season your Calves feet with pepper, SALT, and Spynamon, and put them in your pastre, with a quanticie of sweet Butter, Parsley and Onions among them, so close it vp, and set it into the Ouen til they be halfe baken. Then take them soorth, and open the crowne, and put in more butter & some Vinegar, so let them stand in the Ouen til they be throughly baken.

Fors to bake a Pigge.

Flea your Pigge, and take out all that is within his bellie cleane, and wash him well, and after perboyle hym, then season it with Pepper, Salt, Nutmegs, Mace, and cloues, and so lay hym with good store of Butter in the passe: Then set it in the Ouen till it be baked ynough.

To bake a Pig like a Fawne.

Take him when he is in the haire, and flea him, then season it with pepper & salt, cloues and Mace: then take Claret wine, Vergious, Rosewater, Sugar, Synamon, and ginger, and boyle them all together: then lay your Pigge flat lyke a Fawne or a Kid, and put your syrop vnto it, with a litle sweet Butter, and so bake it leysurelie.

To bake a Neats toong.

Seech the toong halfe ynough, and blanch it, and cut it in two, then scorch it, and season it with pepper and salt, and put it in a coffin, and a good quanticie of marrow with it, and when it is almost baken, put in some red wine, and Sugar.

To bake an Hare.

Take your Hare and perboyle him, and mince him, and then beat him in a morter very fine fluer and all, if you will, and season it with all kinde of Spices and salt, and doe him together

A new booke

with the yolkes of seven or eight Egges, and when ye haue made him vp together, draw lard verie thicke through him, and mingle them all together, and put him in a pie, and put in butter before ye close him vp.

For to bake a Gammon of Bacon.

Byle your gammon of Bacon, and stuffe it with Parsley and Sage, and yolkes of hard Eggs, and when it is boyled, stuffe it and let it boyle againe, season it with Pepper, Cloues, and Mace, sticke whole Cloues fast in it: Then lay it so in your passe with salte butter, and so bake it.

To make a rare Conceit, with
Veale baked.

Take Cleale and smite it in little peeces, and seeth it in faire water, then take Parsley, Sage, Rose and Sauerie, and shred them small, and put them in the pot when it boyleth. Take powder of Pepper, Canel, Mace, saffron, and salt, and let all these boyle together till it be yngough. Then take vp the flesh from the broth, and let the broth coole, when it is colde, take the yolkes of Egges with the whites, and straine them, and put them into the broth, so manie till the broth be stiffe yngough, then make faire Coffins, and couch three peeces or fourre in one coffin of the Cleale: and take Dates min-

sed

ten again, and let it bake a good while, when it is baken drawe it soorth, & cast Sugar & Rosewater vpon it, and serue it in.

To make a Tart of Cherries, when the stones be out, another waye.

Set them in White wine or in Claret, and strain them thick: when they be sodden: then take two yolks of Egges & chicken it withall: then season it with Synamon, Ginger, and Sugar, and bake it, and so serue it.

To make a Tart of Damsons.

Set the Damsons in Wine, & straine them with a litle Creame: then boile your Suffe ouer the fier till it be thick, put there to Sugar, Synamon, and Ginger, so spred them on your paste, but set it not in the Ouen after, but let the paste be baken before.

To make a Tart of Egges.

Take twentie yolks of Eggs, and half a pound of butter, and straine them al together into a plater: then put two good handfuls of Sugar in it, sixe spoonfuls of Rosewater, and stirre them altogether. Then make your paste with two handfuls of fine flower, and sixe yolkes of Eggs, and a quarter of a dish of Butter: then make your Tart, and put your Suffe therein, and lay your Tart vpon a sheete of Paper, and so put it into the Ouen, and when that it is bakynough

A new booke

ynough, then draine it out of the Ouen, and cast
a little sugar on it, and so serue it soorth.

To make a good Tart of Creame.

Take a quart of Creame, and put in twelue
folks of Egges, and a little Saffron, strain
them. Then put it in a pot and boyle it, but all
the tyme it standeth on the fyre it must be stir-
red with a sticke so burning. Also ere ye boyle
it, ye must put a good dish of Butter in it, when
it is boyled, put in your Sugar, as much as
wil make it sweet: Then make your pastie with
Butter, Egges, Sugar, with a little Saffron
and fine flower, and make your Tart with it,
and drye it in the Ouen, and when it is drye, put
in a little Rosewater and Butter, then fill your
Tart with the stuffe, when it is strained, so bake
it, and when it is baked, sprinkle a little Rose-
water and Sugar, and a little Butter molten
yon it.

To make a Tart of Prunes.

You must seethe the Prunes with Wine,
then straine them, and season it with Su-
gar, so bake it with pastie, and first prick it
in the bottome if that you will boyle your stuffe
yon a Chafingdish, then the lesse baking after-
ward wil serue it.

To make a tart of Spinnage.

Take some cast creame, and seeth some Spin-
nage

inge in faire water till it be verie soft, then put it into a Collender, that the water may soake from it: then straine the Spinnage, and cast the creame together, let there be good plentie of Spinnage: set it vpon a chafing dish of coales, and put to it Sugar and some Butter, and let it boyle a while. Then put it in the paste, and bake it, and caste blanche powder on it, and so serue it in.

To make a tarte of Veale

Take two kidneys of Veale and broyle them, then take off all the skin, and chop the fat verie small, and put two yolks of Eggs, a handfull of Corrants, sixe Dates cut small, two handfulls of Sugar, a spoonfull of Salce, a spoonfull of Synamon, halfe a spoonfull of Ginger, fourre spoonfuls of Rosewater, chop them altogether, then make your Tart of fine paste, and fill it with your stufse: then close it with a couer, and strike vpon the lid of your Tart butter that is molten, and cast fine Sugar vpon it, as you do to a Marchpane, let not your Ouen be too hot, for it asketh but little baking.

To make a tarte of Cheese

Make your Tart, and then take Banberie Cheese, and pare away the outside of it, and cut the cleane cheese in small peeces and put them into the Tart, and when your

A new booke

Tart is full of Cheeze : then put two handfulls of sugar into your Tart vpon your cheeze, and cast in it ffeue or sixe spoonfulls of Rosewater, and close it vp with a couer, and with a searther lay sweet molten Butter vpon it, and fine Suggar, and bake it in a soft Ouen.

To make a tarte of Almonids

Blanch Almonds and beat them, and straine them ffeue with good chiche Creame, then put in Suggar and Rosewater, and boyle it thick: then make your paste with Butter, fair water, and the yolkes of two or threë Eggs, and as soone as yee haue dryuen your paste, cast on a little Suggar, and Rosewater, and harden your paste afore in the Ouen. Then take it out, and fill it, and set it in againe, and let it bake till it be well, and so serue it.

To make a tarte of Medlers

Take Medlers that be rotten, & straine them then set them on a chassingdibsh of coales, and beat it in two yolkes of Egges, and let it boile till it be somewhat thick: then season it with sypnamon, Ginger and sugar, and lay it in passe.

To make a tarte of Hippes

Take Hippes, slit them, and pick out the kernels: then sceth them in white wine, or in faire water, when they bee soft sodden, straine them as thick as you can, and season them with

fynnes

Synamon, ginger & sugar, and lay it in pastie.

To make a Curde tarte.

Take Creame, yolks of Egs, white bread, leech them together, then put in a saucer full of Rosewater or Palmesey, and turn it: and put it into a cloach, when all the whey is out, straine it, and put in Synamon, Ginger, salt, and Sugar, then lay it in pastie.

To make Lumdardy tartes.

Take Beets, chop them small, and put to them grated bread and cheese, and mingle them wel in the chopping, take a few Coxrans, and a dish of sweet Butter, & melt it there, stir al cheese in the Butter, together with thre yolkes of Egs, Synamon, ginger, and sugar, and make your Tart as large as you will, and fill it with the stufse, bake it, and serue it in.

To make a tarte of bread.

Take grated bread, and put to it molten Butter, and a little Rosewater and Sugar, and the yolkes of Egs, and put it into your pastie, and bake, and when you serue it, cut it in four quarters and cast sugar on it.

A Tarte to prouoke courage either
in man or Woman.

Take a quart of good wine, and boyle therewith two Burre rootes scraped cleane, two good Dvices, and a Potason roote well pared,

A new booke

and an ounce of Dates, and when all these are boyled verie tender, let them be drawne thorogh a strainer wine and ale, and ther put in the yolks of eight Egs, and the braines of three or fourre cocke Sparrowes, and straine them into the other, and a little Rosewater, and seeth them all with Sugar, Sinenen and Ginger, and cloues and Mace, and put in a little sweet Butter, and set it vpon a chafingdish of coales betwene two platters, and so let it boyle till it be something big.

To make a tart of Gooseberries.

Take Goseberries, and perboyle them in white or Claret Wine, or strong Ale, and withall boyle a little white bread: then take them vp, & draw them thorogh a strainer as thicke as you can with the yolkes of lire Egs, then season it vp with Sugar, and halfe a dish of Butter, and so bake it.

Rosted meates.

To make Allowes of Mutton.

Take faire Mutton, & cut it thin in flakes then take faire Parsley, Onions, yolkes of Egs, sodden Eggges, marrow, or sweet suet, chop all these together, and so rolle it vp with the Mutton, and roste it,

To roste a Gygot of Mutton.

Cut the fleshy of a leg of Mutton, take out the bone,

bone, and take the flesh that you cut foorth, and chop it small, and put thereto volkes of Eggis, Cloues and Mace, Corans, Rosemarie, Parsley. Time and some suet, and mingle them altogether, and put them into a bag and sowe it vp, and so roste it.

To roste a Hare.

First wash it in faire water, then perboyle it and lay in cold water againe, then larde it, and roste it on a bryoch. Then to make sauce for it, take red Vnigar, Salt, Pepper, Ginger Cloues, Mace, and put them together. Then minse Apples, and Onions, and frie them in a pan: then put your sawce to them with a little Sugar, and let them boyle wel together, then baste it vpon your Hare, and so serue it foorth,

To roste a Calues head.

Make a litle hole in the head, and pluck out all the braines, and lay the head to soake: then to make a pudding in it, take White bread, and lay it to soake in milke, and straine it thicke, then take four volkes of Eggis, cloues, Mace, Pepper, Saffron, corans, Dates, and a good quantitie of Butter, make a good Pudding, and fill the head full: then take the bone, and stop the hole, and when it is almost ynough, cast crummes of bread on it: then cleave it, and make sawce to it with Synamon, Sugar, ginger,

A newe booke

get, and Uinigar, and boyle them all together, and then you may serue it foorth.

To roste a Capon, Phesant, or Partrige.

Roße a Capon with his head off, his wings and legges on whole: and your Phesant in like sorte: but when you serue him in, sticke one of his feathers vpon his breast. And in lyke maner you must roste a Partridge, but stick vp no feather.

To roste Venison.

Let your Venison be perboyled, then make it tender, and cast into ic colde water, then Larde it, and roste it, and for sauce: take broth, Uinegar, Pepper, Cloues and Mace, with a litle Salte, and boyle al these together, and so vpon your Venison serue it.

To roste a Quaile.

Let his legs be broken, and knic one within another, and so roste him.

To roste a Crane, Heron, Curlew, or Bitture.

Roße a Crane with his legs turned vp behinde him, his winges cut off at the ioyne next the bodie, and then wind the necke about the brach, and put the bill intec his breast, the Heron Curlew, and Bitture after the same maner, but let the Bittures head be off.

To roste a Plouer or a Snite.

Take and roste a Plouer with his head off, and his legges turned upward vpon his backe, but the Snite with his bill put into his brest, and his legges turned upward vpon his brest.

To roste woodcockeres.

Plucke them, and then draw the guts out of them, but leauue the liuer still in them, then stuffe them with Larde chopped small, and Juniper berries, with his bil put into his brest and his feet as the Snite, and so roste him on a spit, & set vnder it a faire large pan, with white wine in it, and chopped Parsley, Vnigar, salt, and ginger. Then make tostes of white bread, and tosse them vpon a Kirbyyon, so that they be not burnt: then put these tostes in a dish, and vpon them lay your woodcockeres, and put your saunce being the same broth vpon them, and so serue them soozch.

For fishe.

To make fine Rice pottage.

Take halfe a pound of Norden Almonds, and half a pound of Rice, and a gallon of running water, and a handful of Oke barke, and let the barke be boyled in the running water, and the Almonds beaten with the hulls and all on, and so strained to make the Rice pottage withal.

To make good Lenton pottage.

A newe booke

Take Celles, and flea them, and cut them in Culpins, and caste them into a pot of faire water, and take Parsley and Onions, and shred them togerher not too small, & take cloues Mace, powder of Pepper, and Synamon, and cast it thereto, and let them boyle together a while: also take a good portion of Wine, & thick pest, and put it thereto, and let it boyle together a while. Then take Saffron, salt, and Vinegar, and cast it thereto, and serue it for good pottage.

To seeth a Pike.

Take white wine, faire water Vinegar, and a little pest, or els a few gooseberries, boyl these together, and before ye seeth your Pike, lay it in Vinegar and salt, this is a good broth.

To seeth a Carp.

Ydu must take Red wine, and the bloud of the Carp, and a litle Vinegar and salt, and let it lie in this a while. Then seethe your Carpe in it, and put Pepper halfe broken in it, and a peece of sweet Butter, and make your soppes therewith and serue it in.

To seeth a Gurnard.

Ydu must open your Gurnard in the backe, and faire wash and seethe it in water and salt, with the fishie side upward: and when it is sodden well, you may take some of the best of your broth if you will, or els a litle faire wa- ter,

cer, and put to it newe yeast, a little Vergious, Parslie, Rosemarie, a little Time, whole Mace, and a peece of sweet Butter; and let it boyle in a pipkin by it selfe till it be well boyled, and then when you serue in your Gutnard, poure the same broch vpon it.

To seeth fresh Salmon.

Take a litle water, and as much Beere and Salt, and put thereto Parsley, Time, and Rosemarie, and let all these boyle together: Then put in your Salmon, and make your broch sharpe with some Vnigar.

To seeth a Breame.

Put White Wine into a pot and let it seeth, then take and cut your Breame in the middest, and put him into the pot: then take an Onion and chop it small, then take Nutmeggs beaten, Synamon and Ginger, whole Mace, & a pound of Butter, and let it boyle all together and so season it with salt, serue it vpon sops, and garnish it with fruit.

To seeth Roches, Flounders, or Eles.

Make ye good broch with newe Yeast, put thereto Vergious, Salt, Parsley, a litle Time, and not much Rosemarie and pepper. So set it on the fyre and boyle it, & when it is wel boyled, put in Roches, Flounders, Eles, and a quantitie of sweet Butter.

To

A new booke

To seeth Stocke fish.

Take Stockfish and water it well, and then put out all the baste from the fishe, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fyze, and as soone as it beginneth to boyl on the other side, take it off and put it into a Colender, and let the water run out from it, but put in salte in the boylung of it, then take a litle faire water and sweete Butter, and let it boyl in a dish vntil it be som-
thing thicke, then poure it on the Stockfish, and so serue it in.

To seeth a Dorye or a Mullet.

Make your broth light with pest, some-
what sandrie with salt, and put therein a
litle Rosemarie, and when it seethes put
in your fish, and let it seeth very softly. Take
faire water ans Vergious a like much, and put
thereto a litle new Pest, Corrants, whole Pep-
per, and a litle Mace, and Dates shyd verie
small, and boyle them well together. And when
they be well boyled, take the best of your broth
that your fish is sodden in, and put to it strawe-
berries, Gooseberries, or Barberties, sweete
Butter, and some Sugar, and so season vp your
broth, and poure vpon your Dozie or Mullet.

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To stew Herringes.

Take Ale, and put therin a few Onions small cut, & a spoonful of Mustard, great Raisons and saffron, & thick it with grated bread: if you wil haue puddings in them, take the soft rowes of the Herrings, & stamp them with a little thick Almond milke, and put thereto some Dates or Figs minced, cloues, Mace, Sugar saffron, and salt, and some Corrants, and grated bread.

To roste a peece of stockfish.

Take a quarter of Scokfish, and a little grated bread, and a little Creame, & foure yolks of Egs, a few Dates minced, with Corrants sy-namon, Ginger, and a little pepper, and so lay it to the syze, & baste it well with Butter and Vi-nigar, & some Sminamon & Ginger in your but-ter, wherewith you baste it, and so serue it.

To bake fish.

To make Heringpies.

Take Herringes, and crush them in your handes, so shall ye loose the flesh from the skinne, saue the skinnes as whole as - yee can, and scrape off all the fish, that none be left therupon. Then take a pound of al-mones, or as manie as ye be disposed to make, blanche them, and stamppe them, and in the stamping of them, put in one soft rowe, and one harde rowe, and five or sixe Dates, and a spoonfull

A new booke

spoonfull or two of grated bread, and a pinte of Muscadell to grinde them withall, but yee may not grind them to fine, nor may not make them too moist with your muscadell, but somewhat stiffe, that you may fill the skinnes of your Herrings, Then take Rosewater, and a little Saffron, to co colour Almonds withall, when yee haue ground them. Then put in foure Dates, and cut them fine, and a handfull of Corrants, and a little Sugar: then make fine paste, and rol it as thinne as you can, and strawe thereon a good deale of Sugar, then put your Herrings therin, and bake them.

To bake a Carpe.

Take off the scales, and take foorth the gall, and with Cloues, Mace, and salte, season it, and take Corrants and Prunes, and put about the Carp, and take Butter, and put it vpon him and let him bake two howres.

To bake a ioll of fresh Salmon.

Take Ginger and salt, and season it, and certayne Corrants, and cast them about and vnder it, and let the paste be fine, and take a little Butter and lay about it in the paste, and set it in the Ouen two houres, and so serue it in.

To bake a Breame.

Sale it, and take Cloues, Mace, and Salt, and put it in fine paste. Then take Corrants
and

and set about it, and a good quantitie of Butter, and put it into the bellie of the Bram, and about it: let it bake two howres.

To bake a Gurnard with Ecles.

Take certaine Eels and a Gurnard, and put them into your Coffin, & take cloues, Mace, and salt, and caste a little into the bottome of your coffin. Then take the Ecles and lay them about the Gurnarde, and the residue of your spice cast about it, and take a quantitie of Coxrans and Prunes: let it bake thre houres.

To bake a Trout.

Vash it a litle, and take two or three Eles, a few Cloues, Mace, ginger, and Salt, and season the Trout and the Cele together, and put them in the coffin toge- ther, and a few Coxrans about it, and a quanti- tie of Butter, and let them bake an houre and a halfe.

To make a good Marchpane.

First, take a a pound of long small Almonds, blanch them in colde water. Then take a cloth and drye them as dry as you can. Then stamp them small, and put no liquoꝝ to them but as you must needs to keepe them from oy- ling, and that litle that ye put to them must bee Rosewater, in lyke maner you shoulde but wet your Pestels end therin, soꝝ feare of putting too much

A new booke

much liquor therein: and when you haue beaten them fine, take half a pound of Sugar or more, and see it be beaten smal to powder, but it must be fine Sugar, & then put it to your Almonds, and beate them altogether: when they be beaten, take your wafers and cut them compasse round of the bignesse that you will haue your Marchpane of. Then as soone as you can after the tempering of the stiffe, let it be put in passe of wafers, and strike it abroad with a flat sticke of wood as even as ye can, and pinch the verie stiffe as if it were an ege set on them, put a paper vnder it, & then set it vpon a faire herd, and lay a Lattine bason vppon it, the botteme vpward. Then lay burning coales vpon the botteme of your bason, and euer anon lifte vp your bason to see how it baketh: and if it happen to be browne, or to browne too fast in some places, fold paper as broad as that place is, and this well tended, ye shall bake one in litle moare than thre quarters of an houre: when it is baked, put on your gold and your biskets, and sticke in long Comfets, and then shall ye make a good Marchpane: But before that ye bake it, yee must cast on it fine Sugar and Rosewater, and that will make him to crispe like unto yse, likewise you must haue a hoope for to make your Marchpane in,

To.

To make good Reslons.

Take a quart of fine flower, lay it on a faire boord, and make an hole in the middell of the flower with your hand, and put a saucerfull of Ale Yeast therein, and ten yokes of Egges, and put thereto two spoonefuls of Synamon, and one of Ginger, and a spoonfull of Cloues and Mace, and a quarterne of Sugar fine beaten, and a little Safron, and halfe a spoonfull of Salt. Then take a dishfull of Butter, melt it and put into your flower, and therwithall make your pasty as it were for Manchetts, and mould it a good whille and cut it in peeces the bignes of Ducks Egges, and so mouilde euerye peece as a Manchet, and make them after the fashion of an Ackorn broad aboue, and narrow beneath. Then set them in an Ouen, and let them bake thre quarters of an houre. Then take fine dishes of Butter and clarifie it clean vpon a soft fire: then drawe forth your Reslons soorth of the Ouen, and scrape the bottoms of them faire and cut them overthwart in foure peeces, and put them in a faire charger, and put your clarified butter vpon them. Then haue powder of Synamon and Ginger readie by you, and Sugar verie fine. And mingle them altogether, and euer as you set your peeces thence, together cast some of your sugar, Synamon & ginger vpon

A new booke

on them, and when you haue set them all vp, lay them in a faire platter, and put a little butter vpon them, and cast a little sugar vpon them, and so serue them in.

To make a Vauant.

Take marrow of Beefe, as much as you can hold in both your hands, cut it as big as great dice. Then take ten Dates, cut them as big as smal dice: then take thirrie Prunes, and cut the fruite from the stones, then take halfe a handfull of Cozrans, washe them and picke them, then put your marrow in a cleane platter, and your Dates, Prunes, and Cozrans: then take ten yolkes of Egs, and put into yore stuffe afore rehearsed. Then take a quatern of Sugar, and more, and beat it smal and put to your marow. Then take two spoonfuls of Spynamon, and a spoonful of Sugar, and put them to your stuffe, and mingle them all together, then take eight yolkes of Egs, and four spoonfuls of Rosewater, straine them, and put a little Sugar to it. Then take a fair frying pan, and put a little peece of butter in it, as much as a Walnut, and set it vpon a good fire, and when it looketh almost blacke, put it out of your pan, and as fast as you can, put halfe of the yolkes of Egs, into the midle of your pan, and let it run all the bredth of your pan, and frie it faire and yel-

yellow, and when it is fryed put it in a faire dish, and put your stiffe thereint, and spred it al the bottome of the dish, and then make another vaunt euен as you made the other, and set it vp on a faire borde, and cut it in faire slices, of the breadth of your litle finger, as long as your Vaunt is: then lay it vpon your stiffe after the fashion of a lettice window, and then cut off the ends of them, as much as lyeth without the inward compasse of the dish. Then set the dish within the Duen or in a baking pan, and let it bake with leisure, and when it is baken ynough the marrow will come faire out of the vaunt, vnto the brim of the dish. Then draw it out, and cast thereon a litle sugar, and so you may serue it in.

To make Frians.

Take thre handfull of flower, seuen yolkes of Egges, and half a dish of Butter, make your paste therwith, and make two Chewets therof, as you would make two Tarts, and when it is driven verie fine with your rolling pin, then cut them in pecces of the bignesse of your hand. Then take a quatern of sugar, and one ounce and fourre spoonfuls of Synamon, and halfe a spoonfull of Ginger, and mingle them altogether, then take lumps of marrow, of the quanticie of your finger, and put ic on your pec-

A new booke

ces of paste afore rehearsed, and put vpon it two
spoonfulls of your Sugar and splices: then take a
little water and wet your paste therewith: then
make them even as ye woulde make a pastie of
Venison: then pricke them with a pin, and frie
them as ye frie friccoys, when they be fried, cast
a little sugar on them, and so serue them in.

To make frians in Lent.

TAKE Walsome Eles and see they be fat, and
cut the fish from the bone, and mince it smal,
and a Warden or two with it. Then season it
with Pepper, salt, Cloues, mace, and Saffron:
then put to it Currans, Dates and Prunes,
smal minced, and when your fruit is altogether
then pour e on a little Vergious, and cut it in li-
tle peeces, and so bake it, & put a peece of But-
ter in the midst of the peeces to make it moult,
so close it, and bake it.

To make Snowe.

TAKE a quart of thicke creame, and fve or
sixe whites of Eggs, a sawcerfull of Sugar,
and a sawcerfull of Rosewater, beate all toge-
ther, and cuer as it riseth take it out with a
Spoon: then take a loafe of bread, cut away the
crust, and set it vp right in a platter. Then set a
faire great Rosemarie bush in the middest of
your bread: then lay your snow with a spoon up-
on your Rosemary, & vpon your bread, & gilt it.

To

To make a good Gellie.

First, take four Calues feet, and scald off the haire of them: then seeth them in faire water till they be tender. Then take out your feet, and let your broth stand till it be cold: then ye shall take of cleane the feet from it, and then put Claret wine and a little Malmesey to it: if ye haue a vottel of Gellie water: then put to it a quart of wine, and a pint of Malmesey, then season it with salt, and put thereto one pound of Sugar, one ounce of Ginger, one ounce and a halfe of Sinammon, twelue Cloues, twelue pepper cornes, and a little Saffron, so boyle all together: then take a good lawcerful of Vinegar, and lay your turnsall therein: and then put it to your Gellie, till it be somewhat keeled, then put in your whites of Eggs, and let all these boile together. Then set all these by, and within a while let it run through your bag.

To make Gellie both white
and redde,

Take four Calues feete, scalde them verie cleane, and cut them in the middest, and as neare as ye can, take away all the fat clean out of the ioints, and let the feete lie in faire water fourre or fife houres, & change the watern often. Then take a cleane pot, and put your feete in it: and put to them threc quarts of faire water, and

A new booke

scum it verie cleane,euer as anie fat doeth rise
let it be taken away , and so let it seeth till the
third part of your liquoꝝ be sodden away, and
your feet very tender,then take it from the fire
and let the liquoꝝ run through a strainer into a
faire earthen pan, and set the pan in some colde
place that it may be stiffe: and when it is stiffe,
take a sharp knife and cut away the vppermost
of the gellie as thin as you can then deuide your
gellie in the pan, and put it in two earthen pots:
take three vunces of Synamon large, and wash
it verie cleane:then breake it of the bignesse of
a penie. Take of case ginger almost an ounce
and pare it cleane,then cut it as much as if you
would eat it with figs:then take two Nutmegs
and cut them in soure or fwe peeces:and put al
this in one of your pots, and put thereto a pound
of Sugar,as ye thinke good, and put thereto a
lawcerfull of white Uinigar, and a litle faire
white salt,faire picked, and verie clean: then set
your pot in a litte fyre, and so let it stew, but not
seeth, and let the pot be couered very close,when
it hath stued a while,with a spoone assay it whe-
ther it be flashy in the mouth,if it be,put in a li-
tle more Synamon, and if it be hot of the spice,
put in a pince of white Wine , and let it stue a
while. Then take the pot from the fyre, and let
it stand till it be between hot and colde:then take
the

the whites of ten Eggs, and beat them well, and put them into the pot, but see that your liquor be not too hot, nor too cold, when you put them in. Then set your pot to the fyre againe, & when the Eggs be hardened, with a spoone take them cleane off, and set the pot from the fyre, ere yee take off the whites. Then haue your gellie bag clean, and hang it in a faire place, and put in the bottome of your bag a little Margeram, and so let it run through your bag three or four times or more, if neede require, but keepe always a cleane cloth ouer the mouth of your bagge, then cast your dishes, when all is runne out, be well ware ye haue no duste when it runneth, or when ye shall cast it, and haue a little fyre beside your bagge, when it is running, make your red gellie of your other pot, and season it as yee did the white gellie, and doo thereto in the putting in of the Eggs as yee did before. But for the Aug-megs ye must take twentie cloues bruised, and beware ye make not too deep a colour of your Turnesall at the first, but take of it by little and little at once, and put in the bottome of your bag a little Rosemary, & to vse it els in euery thing as ye vsed the white.

To make Gellie with flesh.

Take knuckles of Cleal, and cut the joints all to peeces, and lay them in faire water the

A newe booke

Space of an houre, then wash them cleane, and lay them in faire water againe the space of halfe an houer. Then take a faire pot and put your flesh in it: then fill your pot with Claret wine and water, and set it to the fyre, and scum it as cleane as ye can; then let it boyle as softly as ye can, for the sooner it is boyled the longer it will be ere it come to a Gellie: therefore it muste boyle but softlie, when it is boyled, straine the liquor into a fair bolle, and when it is cold, take off the grease that lyeth vpon it: then take of the clearest of the stiffe, and put it in a faire pot and seeth it, and then put in your Sugar: then take Synamon, graines, Cloues, long Pepper, Nutmegs, and Ginger, of each of these a quantitie, then bruise them, and searce out the small spieces, and put the greateſt into your pot, when it boyleth, put in whites of Egs beaten: Then take a scummer and scum them as they rise, and drye your Turnesall by the fyre, and rub ic cleane, and collour your Gellie therewith, then take your bag, and put Rosemarie in the botome of it, and hang it by the fyre ſide, and let your gellie runne twis times through your bag into a faire vellell.

To make Gellie with Fish,

Take Tenches and scalde them, and drawe them and wash them cleane: then put your Ten-

Tenches into a faire pot: then take white wine
or Claret, and fill your pot therewith: then take
Membres as much as ye think best. Then take
your pot and set it on the fire, and let it boyl the
space of an hower and a halfe: then take it from
the fire, and let your liquoꝝ run through a strai-
uer, then let your liquoꝝ stande till it be cold.
Then order it in euerie point as yee did the o-
ther before, that is made with flesh.

All necessaries appertaining to
a Banquet.

Spnamon, Sugar, Nutmeggs, Pepper, Saff-
ron, Saunders, Coleander, Anniseets, Li-
coras, all kind of Comsets, Drengeſ, Pome-
granate, Coynesall, Lemmians, Prunes, Cor-
rans, Barberries conserued, Paper white and
browne ſceds, Rosewater, Raisons, Rie flow-
er, Ginger, Cloues and mace, Damaske water,
Dates, Cherries conſerued, sweete Drengeſ,
Wafers for your Marchpanes, ſeasoned and
unſeasoned, Spinnedges.

To make a Tyſſan.

Take a pinte of Barley beeing picked, Sprin-
kled with faire water, ſo put it in a faire
Stone morter, and with your pestell rub the bar-

A newe booke

Iey, and that will make it tuske, then picke out
the barley from the huskes, and set your barley
on the fyre in a gallon of faire water, so let it
seeth til it come to a pottel. Then put into your
water, Succory, Endive, Cinkefoyle, Violet
leaves, of each one handfull, one ounce of Anni-
seed, one ounce of Liquoris bruised, and thirtie
great raisons, so let all this geare seeth till it
come to a quart: then take it off, let it stand and
settle, and so take of the clearest of it, and let it
be strained, and when you haue strained the
clearest of it, the let it stand a good pretie while.
Then put in fourre whites of Eggs al to beaten,
shels and all, then stir it well together, so set it
on the fyre againe, let it seeth, and euer as the
scum doeth rise take it off, and so let it seeth a
while: then let it run through a strainer or an
Iporcas bagge, and drinke of it in the morning
warme.

To clarifie Whey.

Take the ioyse of Fumetorie, halfe a pinte of
the ioyse of Borage, of Endive, of the ten-
ding of hoppes, of each of them a quarter of a
pinte, the put al these ioyses to a pottle of whey,
with three whites of Egges beaten, and with
Sugar sufficient: then boyle them on an easie
fire, take away the scum of it as it riseth, and
when it is cold let it run through a faire stray-
ner:

ner, take thereof euery morning halfe a pinte, and before supper as much. This wil pure your bloud, and will continue good fourre dayes.

To make fillets Gallantine.

Take faire Pork, and take off the skin and roste it half ymough, then take it off the spit, and smite it in faire peeces, and caste it in a faire pot: then cut Onions, but not too small, and frie them in faire suet, put them into the Porke, then take the broth of Beefe or Mutton, and put thereto, and set them on the fyre, and put thereto powder of Pepper, Saffron, Cloues and Mace, and let them boyle wel together. Then take faire bread and Vnigar, & steep the bread with some of the same broth, straine it, and some bloud withall, or els Sauengers, and colour it with that, and let all boyle together, then cast in a little Saffron and salte, and then may you serue it in.

To make Gallantine.

Take tostes of white bread, boyle them on a chasindish of coales, with viniagar, when it hath soked afore in the vinegar, and in the boylng put in a branche of Rosemary, Sugar, Synamon and Ginger, straine it, and serue it.

To make tostes of Veale.

Take the kidneyes, choppe them verie small, then put to it fourre or fve yolks of Egges, thre

A new booke

three spoonfuls of Sugar, a little synamon and Ginger, a spoonfull of Corrans cleane washed and picked, choppe them alltogether, then make sops of stale white breade, and lay your Cuisse vpon them, and take a frying pan and a dish of sweet Butter in it, and melt it: then put in your sops and fry them vpon a soft fyre: then lay them in a dish, and cast sugar on them, your fyre must be verie soft, or els they will burne.

To make an Apple Moye.

Take Apples, and cut them in two or fourre peeces, boyle them till they be soft, and bryuse them in a morter, and put thereto the yolks of two Egs, and a little sweet butter, set them on a chafingdish of coales, and boyle them a little, and put thereto a little Sugar, synamon and Ginger, and so serue them in.

To make Pescods.

Make your past with fine flower, and yolks of Egs, make it shorē and drie it thinne. Then take Dates, Corrans & marrowe, and cut them lyke Dice, and season them with salt because of the marrow a little: then put in Synamon, Sugar and Ginger, make your past as you doe for the Frians in Butter or suet, & serue them in.

To make Pescods another.

Take

Take Apples, and mince them small, take
Figs, Dates, Corrans, great Raisons, Si-
namon, Ginger, and Sugar, mince them, and
put them all together, and make them in little
flat pieces, and frie them in Butter and Oyle.

Pettie seruices.

Take faire flower, Saffron, & Sugar, make
thereof passe, and make thereof coffins, and
take the yolkes of Eggs tried from the whites,
and see the yolkes be all whole. Then lay three
or fourre Eggs in the coffin, and two or three pee-
ces of marrow: then take powder of Ginger,
Sugar, and Corrans, and roll the marrowe in
it, and put all in the pie, and couer it, or bake it
in a pan.

To make Spanish balles.

Take a peece of a leg of Mutton, and pare a-
way the skin from the flesh, chop the flesh ve-
rie small: then take marrow of beefe, and cut
it as big as a hazell nut, & take as much of mar-
row in quantity as ye haue of flesh, and put both
in a faire platter, and some salt, and eight yolkes
of Eggs, and stirre them wel together: then take
a little earthen poc, and put in it a pint, and a
halfe of beefe broth that is not salt, or els Mut-
ton broth and make it seeth: then make balles
of your stiffe, and put them in boylng broth

one

A new booke

one after another, and let them stew softly the space of two two houres. Then lay them on sops three or four in a dish, and of the uppermost of the broth vpon the sops, and make your balles as big as tennis balles.

To make balles of Italie.

Take a peece of a legge of Veale, parboyle it, then pare away all the skin and sinewes and chop the Veale verie small, a little salt and pepper, two yolks of Egges hard rosted, and seuen yolkes rawe, temper all these with your Veale, then make balles thereof as big as walnuts, and boyle them in beefe broth, or mutton broth, as ye did the other before rehearsed, and put into your broth ten beaten cloues, a race of Ginger, a little Vergious, fourre or fve lumpes of marrowe whole, let them stew the space of an howre. Then serue them vpō sops, eight or nine in a dish, and betwixt the balles you must lay the lumpes of marrow.

To make Almond butter after the best and newest manner.

Take a pound of Almonds or more, as ye wil, blanch them in cold water, or in warme, as ye may haue leysure : after the blanching, let them lie an howre in colde water : then stampe them in fair cold water as fine as ye can : then put your Almonds in a cloth, and gather your cloth

cloth round vp in your hands, and presse out the milke as much as you can, if ye thinke they bee not small ynough, beat them againe, and so get out milke as long as you can. Then set it on the fyze, and when it is ready to scieh, put in a good quantitie of salt, and Rosewater, that will turne it, and after that it is in, let it haue one boylng, and then take it from the fyze, and caste it abroade vpon a linnen cloth, and vnderneath the cloth, scrape off the whey as long as it will runne. Then scrape together the butter into the midst of your cloath, and binde the cloth together, and let it hang so long as it will drop. Then take peeces of Sugar, as much as yee think wil make it sweet, and put thereto Rosewater a little, as much as wil melt the Sugar, and fine pouder of Saffron, as ye think wil colour it, and let both your Sugar and Saffron steepe together in that little quantitie of Rosewater, & with that season vp your butter when you will make it.

To make Ipocraſ.

Take of chosen Sinamon two ouances, of fine Ginger one ounce, of Graines halfe an ounce of Nutmegs halfe an ounce, bruise them al, and stampē them in three or fourre pintes of good differous wine, with a pound of Sugar, by the space of four and twentie houres: then put them into

A new booke

Ente an Iporcas bag of woollen, and so receiue
the liquor. The readiest and best way is to put
the spices with the pound of Sugar, & the wine
into a bottell, or a stone pot stopped close, and af-
ter xxxiiii. houres it wil be ready, then cast a thin
linnen cloth, and letting so much run through
as ye will occupie at once, and keepe the vessell
close, for it will so well keep both the spirite, or
dour, and vertue of the wine, and also spices.

To make Iporcas another way.

Take a gallon of wine, an ounce of Synanion
two ounces of Ginger, one pound of Sugar,
twentie Cloues bruised, and twentie cornes of
pepper big beaten, let all these soake together
one night, and then let it run through a bag, and
it will be good Iporcas.

To make Egs vpon sops.

Take Egs and potche them as soft as ye can,
then take a fine manchet, and make soppes
thereof, and put your sops in a dish, and put ver-
gious thereto and Sugar and a litle Butter:
then set it to the fire, and let it boyl: then take
your eggs and lay them vpon your sops, and cast
a litle chopt Parslie vppon them, and so serue
them in.

To make Egges in Lent,

Take Hennes Egges, and put out cleane the
white and the yolk. Then wash your shell
clean,

clean, and take Almond milk, and seeth it with
Isonglas, or of the broth of a Pike or a Tench,
and when it is sodden, take it off, but before yee
take it from the fyre, ye must season it with su-
gar and salt, and fill your Egge shels before the
milke be colde. Then make a hole in the Egge
aboue, and cut out so much of the white as yee
will make your yolkes, then collour your milke
that ye left afore with Saffron, like the yolk of
an Egge, and fill vp the hole againe therewith,
and let it stand till it be occupied.

To make caste Creame.

Take milke as it commeth from the Cow, a
quart or lessie, and put thereto rawe yolkes of
Egges, temper the milke and the Egges toge-
ther. Then set them so tempered vpon a cha-
fingdish of coales, and stirre it stil, and put Su-
gar to it, and see it curd not, and it will be lyke
Creame of Almonds: when it is boyled thicke
ynough, then caste a little sugar on it, and sprin-
kle Rosewater vpon it, and so serue it in.

To make cast Creame another way.

Take the milk that is milked ouer night, and
scum off the Cream: then take the milk and
six whites of Egs, straine them togeher, and
two yolkes of Egs mingled together, and boyle
them altogether vntill they turne to a Curde,
then put thereto a quantitie of Vergious,
and

A new booke

and then it wil turne : then take the same, and put it in a linnen cloth, and hang it vpon a pin a litle while, and let the whey run from it. Then take it downe and straine it into a platter , and season it with a litle Rosewater and Sugar, and so serue it.

To make clowted Cream after Mistres Horsmans way.

When you haue taken the milke from the Kine, straight set it on the fire, but see that your fyre be without smoake, and lost fire, and so keepe it on from morning till it be night, or migh thereabout, and ye muste be sure that it doeth not seeth all that while, and ye must let your milke be set on the fyre, in as broad a vessell as you can. Then take it from the fire, and set it vpon a board, and let it stande al night: thē in the morning take off the cream, and put it in a dish, or where ye wil.

To make Creame of Almonds.

Take thicke Almond milke, and seeth it a little, then take it from the fyre, and corne it with salt and Vnigre. Then caste it in a cloth, and with a litle knise scrape in vnder the cloth, and there will come out whey. Then put the Creame together in the midst of the cloth, and hang it on a pin, and let more whey drop out, till ye thinke it be well. Then put it in a vessell,

and

and put to it sugar plentie, if it hang too long that it be too drye : then temper it with sweete wine, and dresse it if you will with smal raisons and lay it lyke morterels, or els put it abroad, and lay Borage leaues vpon it, or els red comfets, and so serue it in.

To make a good posset curde.

Take your milke and set it on the fyre, and let it seeth, put in yolks of Egs according to the quantitie of your milk. But see that your Egs be tempered with some of the milke ere ye put them to the milke that is on the fire, or els it will fall together and mar all, and yee must stirr it still til it seeth and begin to rysle. Then take it off from the fyre, but before yee take it off haue your drinke readie in a fair bason, on a chafingdish of coales, and powre the milke into the bason as it standeth ouer the chafing dish with fyre, so couer it, and let it stand a while. Then take it vp and cast on Synamon and suger, and so serue it in.

Mistress Drakes way to make soft Cheeſe
all the yeare through, that it shall
be lyke rowen Cheeſe.

Take your milke as it commeth from the Cow, and put it in a vessell til it be cold, then take as much faire water, and set it on the fire, when your water is warm, put so much of your

A new booke

water is warme, put so much of your water in. that milke as wil warme the milke. Then take a spoonfull of runnet and more, and put into your milke, and make your Cheese, and put it into a faire cloth, and so put it into the presse, & turne it in the presse often, and wyppe it with faire clothes as often as ye turne it.

To make Fritters.

Take a pinte of Ale, and fourre poalkes of Egges, and a litle Saffron, a spoonfull of Cloues and Mace, and a litle salte, and halefe a handfull of Sugar, put all this in a faire platter, and stirre them all together with a spoone, and make your batter therewith. Then take ten Apples, pare and cut them as big as a groate, put them in your batter: then take your suet & set it on the fyre, & when it is hot, put your batter & your Apples to your suet with your hand one by one, and when they be faire and yellow, take them out, and lay them in a faire platter, and let them stand a little whyle by the fyre side. Then take a faire platter, and lay your fritters therein, and caste a licle Sugar on them, and so serue them in.

To make Curde Fritters.

Take the yolks of ten Eggs, and breake thē in a pan, & put to them one handful of Curds, and one handful of fine flower, and straine them all

all together, and make a batter, and if it be not
thicke ynoch, put more Cardes in it, and salt
to it. Then set it on the fyze in a frying pan,
with such stiffe as ye will stie them with, and
when it is hot, with a ladle take parte of your
batter, and put of it into the panne, and let
it run as smal as you can, & stir the with a stick,
and turne them with a scummer, & when they
be fair and yellow fryed, take them out, and cast
Sugar vpon them, and serue them soorth.

To make Fritters with marrow.

Take three handfuls of fine flower and more,
and lay it in a faire platter, and put thereto
six yolkes of Eggs, and almost a pinc of Ale, and
a good handfull of Sugar, and two spoonfull of
Synamon, and a spoonfull of Ginger, and halfe
a spoonfull of Cloues and Mace, a little salt,
and a little Saffron to colour it withall. Then
take a spoone, and stirre all these foresaide things
together, and make your Batter therewith:
then take your marrowe, and cut it of the big-
nesse of a groat: then haue a frying pan readie
with sweet suet therein, and set it to the fyze,
and when it is hot, dip your marrow in the bat-
ter, and put it into the pan pece by pece, and
ever be stirring them with a stick, and when they
be fryed, take the out of your pan with a scum-
mer, and lay them in a fayre platter, and take

A new booke

Sugar, Synamon and Ginger, and cast vpon them, and so serue them in.

To make stocke Frittors.

Take an handfull of marrow, or the kidnipes of a Calfe, chop them small. Then take ten yolkes of Egges, and put them to your marrow or kidnipes. Then take a hanfull of Coxrans, and wash them cleane, put them to your stiffe, and take ten Dates and cut them smal, and put them to your stiffe, and take two handfull of grated bread, two spoonful of Ginger, and one spoonfull of Synamon, and a spoonfull of cloues and Mace a quarter of Sugar and a little Saffron, and mingle your splices and stiffe together in a faire platter: then take two handfull of fine flower, and sixe yolkes of Egges, and make your batter therewith with Ale and Saffron. Then make of your stiffe afore rehearsed litle pilles as bigge as a walnut. Then haue a frysing pan readie with faire suet therein vpon the fyre, and when it is hot, dip your pilles into your batter, and put them into your frysing pan, & fry them as ye woulde frie frittors, and that done, put the in a platter, and cast a litle Synamon, Sugar, and Ginger on them, and so serue them in.

To make Frittors with Apples.

Take fine flower, and temper it with Butter and a litle salt, and make a Batter, and take a verp

a very litle Saffron to colour your batter withall, and when your batter is made, straine it through a strainer, then cut your apples of the bignesse of a grote, and put them to your batter then put your suet to the fyre, and when it is hot, put a peece of your Apples to your suet, and if it ryse quicklie, then your stuffe is well seasoned, if it abide in the bottome, then it is not halfe ynough: therefore when it riseth from the bottome, fill your pan one after another as fast as ye can, and when they are faire coloured, tak them out with a scummer, and put them in a platter, and always whiles they are in the pan stirre them with a sticke, and looke that yee haue liquor ynough. Then take your frittoys, and put them in a faire platter, and then scrape Sugar ynough vpon them.

To make Frittoys of Spinage.

Take a good deale of Spinnage, and wash it cleane, and boyle it in faire water, and when it is boyled, put it in a Collender, and let it coole. Then wryng all the water out of it as neere as ye can, lay it vpon a board, and chop it with the back of a chopping knife verie smal, and put it in a platter, and put to it four whites of Egs, and two yolks, and the crums of halfe a manchet grated, and a litle Spynamon & Gingers, and styrre them well together with a spoon

A newe booke

and take a frying pan and a dish of sweete Butter in it, when it is molten put handsonly in your pan halfe a spoonefull of your stiffe, and so bestowe the rest after, fry them on a soft fyre, and turn them when time is, lay them in a platter and cast sugar on them.

To make Pancakes.

Take newe thicke Creame a pince, fourre or five yolks of Egs, a good handfull of flour, and two or three spoonfuls of ale, strain them altogether into a faire platter, and season it with a good handfull of Sugar, a spoonful of Synamon, and a little Ginger : then take a frying pan , and put in a litle peece of Butter, as bigg as your thombe , and when it is molten browne, cast it out of your pan, and with a ladle put to the further side of your pan some of your stiffe, and hold your pan aslope, so that your stiffe may run abroad ouer all the pan , as thin as may be : then set it to the fyre , and let the fyre be verie soft, and when the one syde is bakē, then turne the other, and bake them as dry as ye can without burning.

To make good white puddings.

See that your liuers bee not too much parçyled. Then take of the liuers and lighes, and let them bee pickēd and choopped with knifes, then stamp them in a morter , & straine them

through a Collendorf, and put some milke to it, to help to get it through, then put four or five Eggs and bat five whites, and put in crunis of bread, Cloues, Mace, Saffron, Salt, and some Pepper, and sweet suet small minced, and let there be enough of it, and so still fill them vp, and to black puddings, Dremeale, milk & salt.

To make Puddings,

Take grated bread, the yolks of sixe Eggs, a little Spynamon and Salt, Coxans, one minced Date, and the suet of Mutton minced smal, knead all these together, and make them vp in little balles, boyle them on a chafing dish with a little Butter and Umigar, cast Spynamon and Sugar thereon, and so serue them in.

To make Ising puddings.

Take a platter full of Dremeale grotes clean picked, and put thereto of the best Creame sodden that ye can get, blood warme, as much as shall couer the grotes, and so let them lie and soake three houres, or somewhat more, till they haue drunke vp the Creame, and the grotes swollen and soft withall. Then take sixe Eggges whites and yolkes, and straine them faire into your grotes: then take one platterfull and a half of beefe suet, the skin cleane pulled from it, and as small minced as is possible. So that when ye haue minced it, you muste largelie haue

A newe booke

one platterfull and a halfe, & rather more than
lesse: then mingle these wel among your grotes
then season them with some salt and some Saffa-
fron: & if ye will put in Cloues and Mace: then
fill your Puddings, but not too ful, and see they
be faire washed and sweet, and beware yec pull
not away too much of the fat within, for the fat-
ter they be within, the better it is for the Pud-
dings: also if ye finde too much Creamie left a-
mong the grotes, after they haue lyne fourre
houres: then put out part of it, and so seeth vp
your puddings.

To make a Tansey.

Take a little Tansey, Fetherfew, Parsley, and
Violets, and Stampe them all together, and
straine them with the yolkes of eight or tenne
Egges, and three or fourre whites, & some Ver-
gious, and put thereto Sugar and salt, and frie
it.

To make a Tansey another way.

Take halfe a handfull of Tansey, of the yoon-
gest ye can get, and a handfull of yong Bo-
rage, Strawberry leaues, Lettice, and Violet
leaues, and wash them cleane, and beate them
very small in a morter: then put to them eight
Egges whites and all, and sixe yolkes besides,
and straine them all together through a strai-
ner: then season it with a good handfull of Su-
gar,

gar, and a Nutmeg beaten small. Then take a frying pan, and halfe a dish of sweete Butter, and melt it: then put your Eggs to it, set it on the fyre, and with a sawcer, or with a ladle, stir them til they be halfe baken: then put them into a platter, and all to beate them still till they be very small: then take your frying pan made cleane, and put a dish of sweet Butter in it, and melt it: then put your stufte into your pan by a spoonefull at once, and when the one syde is fryed, turn them and frie them together: then take them out, lay them in a platter, and scrape Suggar on them.

To make a Tansey in Lent.

Take all maner of hearbs, and the spawm of a Pike, or of anie other fish, and blanched Almonds, and a few crums of bread and a litte faire water, and a pinte of Rosewater, and mingle altogether, and make it not too thin, and frie it in Oyle, and so serue it in.

The making of fine Manchet.

Take halfe a bushell of fine flower twise boulced, and a gallon of faire luke warm water, almost a handful of white salt, and almost a pinte of yest, then temper all these together, without any moze liquour, as hard as ye can handle it: then let it lie halfe an hower

A new booke

bower, then take it vp, and make your Manchets, and let them stande almost yn bower in the ouen. Memorandum, that of every bushell of meale may be made fiftie and twentie casse of bready, and euerie loafe to way a pounde besyde the chesill,

The making of manchets after my Ladie Graies vse.

Take two peckes of fine flower, which must be twise boulted, if you wil haue your manchet verie faire: Then lay it in a place where ye doe use to lay your doye for your bready, and make a little hole in it, and take a quart of faire water blood warme, and put in that water as much leauen as a crab, or a pretie big apple, and as much white salt as will into an Egshell, and all to breake your leuen in the water, and put into your flower halfe a pinte of good Ale yeast, and so stir this liquoy among a litle of your flower, so that ye must make it but thin at the first meeting, and then couer it with flower, and if it be in the winter, ye must keepe it verie warm, and in summer it shall not need so much heat, for in the Winter it will not rise without warmeth. Thus let it lie two howers and a halfe: then at the second opening take more liquor as ye thinke will suffice to wet al the flower. Then put in a pinte and a halfe of good yeast,

and

and so all to breake it in short peeces, after yee haue well laboured it, and wrought it five or sixe tymes, so that yee bee sure it is throughtlie mingled together, so continue labouring it, till it come to a smooch pastie, and be well ware at the second opening that yee put not in too much liquor sodenlie, for then it wil run, and if ye take a little it will be stiffe, and after the second workeing it must lie a good quarter of an hower, and keep it warme: then take it vp to the moulding board, and with as much speede as is possible to be made, mould it vp, and set it into the Duen, of one pecke of flower ye may make ten cakes of Manchet faire and good.

To make short Cakes.

Take wheate flower, of the fayrest ye can get, and put it in an earthen pot, and stop it close, and set it in an Ouen and bake it, and when it is baken, it will be full of clods, and therefore ye must searce it throught a search: the flower will haue as long baking as a pastie of Venison. When you haue done this, take clowded Creame, or els sweet Butter, but Creame is better, then take Sugar, Cloues, Mace, and Saffron, and the yolke of an Egge for one dozen of Cakes one yolke is yuough: then put all these foresaid things together into the cream, & temper the al together, then put the to your flower and

A new booke

and so make your Cakes, your paste wil be ver-
ry short, therefore yee must make your Cakes
very litle: when yee bake your cakes, yee must
bake them vpon papers, after the drawing of a
batch of bread.

To make leauened bread.

T Ake sixe yolkes of Egs, and a litle peece of Butter as big a Walnut, one handfull of verie fine flower, and make al these in paste, and all to beat it with a rolling pin, till it be as thin as a paper leafe, then take sweet Butter and melt it, and rub ouer all your paste therewith, with a feather: then roll vp your paste softly as ye would roll vp a scroll of prper, then cut them in peeces of three inches long, and make them flat with your hands, and lay them vpon a sheet of cleane paper, and bake them in an Ouen or panne, but the Ouen may not bee too hot, and they most bake halfe an howre, then take some sweete butter and melt it, and put that into your paste when it commeth out of the Ouen, and when they are verie wet, so that they be not drye, take them out of your butter, and lay them in a faire dish, and cast vpon them a litle Sug-
gar, and if you please, Synamon and Ginger, and serue them soothly.

To

To make Buttered Beere.

Take three pintes of Beere, put five yolkes of Egges to it, straine them together, and set it in a pewter pot to the fyre, and put to it halfe a pound of Sugar, one penniworth of Nutmeggs beaten, one penniworth of Cloues beaten, and a halfe penniworth of Ginger beaten, and when it is all in, take another pewter pot and brewe them together, and set it to the fire againe, and when it is readie to boyle, take it from the fire, and put a dish of sweet butter into it, and brewe them together out of one pot into an other.

A Purgation.

Take an Ounce of Seene, and as much of Polipody, bruise them, and lay them in steep with a litle Anniseed, and a litle Ginger bruised in three partes of a pinte of white wine, so let it lie all a day or a night: then seeth it to a quarter of a pinte, and in the moring drinke it earlie.

Cancer, Scorpio, and Pisces: these three be the best signes to take purgations in.

The



The order hovve all
mancer of meates should be serued
to the Table, with their pro-
per sawces both for
flesh and fish.

Fox fleſh dayes at dinner:
The first course.

Pottage or stewed broth. Boyled meat or
stewed meat. Chickens and Bacon. Pow-
dered Beefe. Pies, Goose, Pigge, Roasted
Beefe, Roasted Veale, Custard.

The second course.

Roasted Lambe, roasted Capens, Roasted Co-
nies, Chickens, Pechennes, Baked Venison,
Tart.

The first course at Supper.

A Sallet, a Pigs Petitoe, powdered beefe
sliced, a shoulde of Mutton or a breast, Veale,
Lambe, Custard.

The second course.

Capons roasted, Connies roasted, Chickens
roasted, Pigionys roasted, Larkes roasted, a Pie
of

of Pigionis or Chickens, baked Venison, Tart.

The seruice at Dinner.

Brawn and Mustard. Capons stewed in white broch: a pestel of Venison upon brewes: A chine of Beefe, and a brest of Mutton boyled: Chewets or Pies of fine Mutton: three greene Geese in a dish, Storrell sauce. For a stuble Goose, mustard and Viningar: after Alhallowen day a Swannie, sauce Chautzon: A Pigge: A double ribbe of Beefe roasted, Sauce Pepper and Viningar. A loyne of Veale or brest, sauce Orenge: halfe a Lambe or a Kid: Two Capons roasted, Sauce Wine and salt, Ale and salt, except it be vpon sops: Two pasties of fallow Deere in a dish: a Custard: A dish of Leash.

The second course.

Jellie, Peacockes, sauce Wine and Saute: Two Connies, or halfe a dozen Rabbits, sauce Mustard and Sugar: halfe a dozen of Pigionis, Mallard, Toyle, sauce Mustard and Vergious: Gulles, Storke, Heronshew, Crab, sauce Ga. lantine: Curlew, Bitture, Bustard, Feasant, sauce Water and Salt, with Onions sliced: Halfe a dozen Woodcookes, sauce Mustarde and Sugar: Halfe a dozen Teales, sauced as the Feasants: A dozen of Quailes: a dish of Larkes: Two pasties of red Deare in a dish: Tarte, Ginger bread, Fritters.

A new booke

Seruice for fish dayes.

Butter, a Sallet with hard Egs: pottage
of sand Eles and Lampernes, red Herring,
greene broyled and strowed vpon. White Her-
ring, Ling Haburdine, sauce Mustard, salt Sal-
mon minced, sauce Mustard and vergious, and
a little Sugar, powdered Conger, Shad, Mac-
krell, sauce Vinigar: Whiting, sauce, with the
the luer and Mustard or vergious. Thornback
sauce, luer, and mustard, Pepper and salt stro-
wed vpon, after that it is bruised: Fresh Codde,
sauce Greene sauce, Dace, Mullet, Eelles vpon
sops, Roche vpon sops: Perch: Pike in Pike
sauce, Trout vpon sops, Tench in Gellie or
Gresyll, Custard,

The second course.

Flounders or Floukes, Pike sauce: Fresh
Salmon, fresh Conger, Bret, Turbut, Halibut
sawce Vinegar, Breame vpon sops, Carpe vp-
on sops, Soles, or any other fishes fryed, Roasted
Eele, Sauce the drapping, Roasted Lampernes,
roasted Porpos, fresh Sturgeon, sauce Galen-
tine. Crevis, Crab, Shrumpes, sauce Vinegar:
Baked Lappay, Tart, Figs, Apples, Almonds
blanched, Cheeze, Raisins, and Peares.

Fine Sauce for a roasted Rabbet: vsed
to king Henric the eight.

Take a handfull of washed Parcelie, minced
small

Small, boile it with butter and vergious vpon a chafingdish, season it with Sugar, and a little pepper grosse beaten: when it is readie, put in a few cruns of white bread amongst the others let it boile again til it be thick: then lay it in a platter, like the bredth of three fingers, lay of each side one rosted Cony or mo, & so serue the.

To make sauce for a Capon with Orenge.

Take red wine, Synamon, Sugar, Ginger, the grauie of the Capon, & a little sweet butter: slice an Orenge thin, boyle it in the stiffe, when your Orenges be tender, lay them vpon your sops, mince some of the rynde and caste on the sops, and so serue them.

To make sauce for a Capon another way.

Take Claret wine, Rosewater, sliced Oren-
ges, Synamon and Ginger, and lay it vpon
sops, and lay your Capon vpon it.

To make sauce for Capons or
Turkie Foules.

Take Onions, slice them thin, boile them in faire water til they be boyled drye, put some of the grauy vnto them, & pepper grase beaten.

Sauce for Capons, Feasants, Partrid-
ges, or Woodcockes.

Onions sliced verie thinn, faire water and
Pepper grosse beaten.

Sauce for a rosted Stockdoue,

A new booke

Take Onions, mince them not too small, boyle them in a little Claret wine, when they be boyled almost drye, put thereto vini-
gar, Sugar, Pepper, and some of the grauie
of the Stockdoue.

Sauce for a shoulder of Venison.

Take Vnigar crums of white bread, and the
grauie of the Venison, or some sweete butter
and Sugar, Synamon, Ginger, and Pepper,
boyle them together on a chafingdish of coales,
and so serue them foorth.

To make sauce for Mutton.

Take Onions, slice them, boyle them in Ver-
gious, cut a peece of lean Mutton that is al-
most rosted, mince it very small, put it to your
sauce, let it boile altogether a good while, when
you serue your mutton in, poure that vpon it.

A Chaldrone for a Swan.

Take red wine, tostes of white bread, straine
them, put in Vnigar, boyle it on a chafing-
dish: put in a fewe Saunders, a little Sugar,
Synamon, Ginger, and Pepper, and so serue it
in.

FINIS,

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A new booke

Take Onions, mince them not too small, boyle them in a licle Claret wine, when they be boyled almost drye, put thereto vi-
nigar, Sugar, Pepper, and some of the grauie
of the Stockdoue.

Sauce for a shoulder of Venison.

Take Vnigar crums of white bread, and the
grauie of the Venison, or some sweete butter
and Sugar, Synamon, Ginger, and Pepper,
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To make sauce for Mutton.

Take Onions, slice them, boyle them in Ter-
gious, cut a peece of lean Mutton that is al-
most rosted, mince it very small, put it to your
sauce, let it boile altogether a good while, when
you serue your mutton in, poure that vpon it.

A Chaldrone for a Swan.

Take red wine, tostes of white bread, straine
them, put in Vnigar, boyle it on a chafing-
dish: put in a fewe Saunders, a little Sugar,
Synamon, Ginger, and Pepper, and so serue it
up.

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to boile Chickēs three other waies. 6.7	How to make Frenche pottage. ib.	
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Howe to boile Calues feet or Lambs feet. ib	A broth for a weak bo- dic. ib	
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